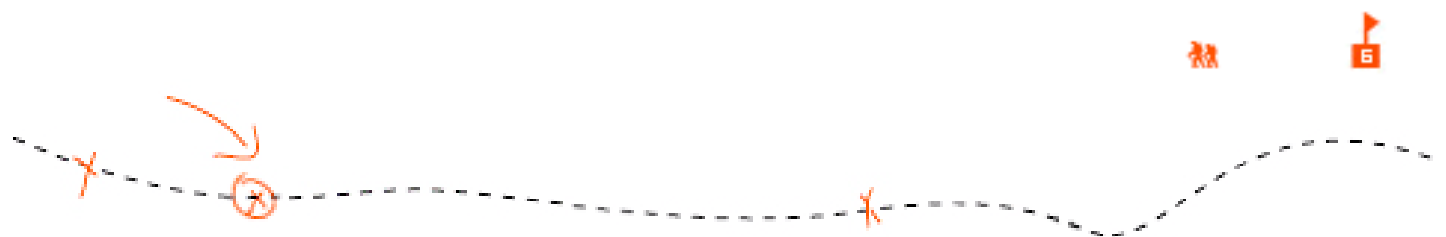




Mera Peak

[6 654 M]

Katmandu and Trek to Mera Pek, the highest trekking peak in Nepal!



A trek culminating at 6 654m!

The Mera Peak Trek in Nepal will allow you to reach high altitude and you will discover isolated and unspoiled regions of the Kumbu valley north-east of Nepal. This particular region also known as the Sherpa territory, end at the foot hills of the Everest. Apart from the sporty challenge, this trek will lead you through all the various Himalayan vegetation zones of Nepal. After a start at 2 800m in dense pine forests covering the region and crossing 7 high altitude passes you will go beyond the limits of the so called barren "arctic zone" before reaching 6 654m.

Impressive glaciers at high altitude

Notwithstanding the fact that this trek is considered one of Himalayan "classics", with its crossings of wooden and hanging bridges, of meandering rivers in high walled valleys and villages from other times; it still has a very strong taste of a high mountain expedition. Reaching impressive Himalayan glaciers of the region, like the Hinku, is a great experience. Trek Online will ensure you get enough resting days in order to facilitate the acclimatization process in a high altitude environment.

DAILY PROGRAM SCHEDULE**Day 1: Flight to Katmandu****Day 2: Arrival in Katmandu (1 300m), transfer to hotel**

On arrival at Kathmandu Tribhuvan International Airport you will be received by our staff who will escort you to the hotel, where one of staff will give you a brief orientation of the hotel, Kathmandu, treks information and other related information that you might require while in Nepal. Overnight stay at hotel.

Day 3: Sightseeing of Katmandu

Pashupatinath: located 5 km east of Katmandu city, Pashupatinath temple is one of the holiest Hindu temple dedicated to Lord Shiva. Situated amidst a lush green natural setting on the bank of the sacred Bagmati River, the temple built in pagoda style has gilded roof and richly carved silver doors.

Boudhanath: located 8km east of Katmandu, this Stupa is one of the biggest in the world. Built by king Man Dev, it stands with four pairs of eyes in the four cardinal directions, keeping watch for righteous behavior.

Syambhunath: Known as the "monkey temple", is a 2000 years old Buddhist shrine.

Durbar Square: built in the 16th century, like Nepal's other squares, it contains a royal palace "Durbar" and many temples built in traditional pagoda style "Newar" or the amazing panoramic

Day 4: Katmandu / Lukla (2 800m) / Chuttenga (3 430m).

After an early breakfast you will be transferred to the domestic airport and we board a small aircraft (which usually has a capacity of 14 - 16 people) for a 45mn panoramic flight to Lukla. You will get some time to walk around and get a first hand experience of the Nepalese Himalayas while the crew sort and divide the luggage to prepare for this outstanding adventure. The first day is an easy walk, which leads towards the east in thick forest of birch, pines and rhododendron trees. Overnight stay at camp.

Day 5: Day at Chuttenga

You will spend one whole day for your acclimatization before you venture higher up. A short hike can be done to stretch your legs and muscles walking up to a small peak at around 4 000m below the Zatrwa Teng Pass. Overnight stay at camp.

Day 6: Trek to Tuli Kharka (4 300m) (+/- 7hr)

You continue the ascension across the Kalo Himal Ridge in the Nau Lekh range which separates Khumbu from the Hinku Valley. The uphill climb from our camp brings us to a cairned notch in the ridge with colorful prayer flags at 4 450m. From here the path traverses across a boulder slope, round a corner and climbs once again to the Zatrwa-La at 4 600m. From here less than an hour descent will bring us to a large boulder which will be our campsite for the night at Tuli Kharka. Overnight stay at camp.

Day 7: Trek to Mousum Kharka (3 430m) (+/- 4hr)

Today is a short down hill trek. As the trail descends the superb scenery of Peak 43 and Kusum Kanguru opens up in front of you and the vantage point of the Hinku valley offers grand views of the South Face of Mera Peak. The pleasant walk leads through forests of tall Himalayan pine and rhododendron trees. We camp at Mosum Kharka a clearing by the Hinku Drangka River. Overnight stay at camp.

**Day 8: Trek to Tagnag (4 360m) (+/-5hr)**

Our route follows the west bank of the Hinku Drangka northwards. As we leave the forest, the valley spreads out to reveal a pasture with temporary dwellings. The trail leads to a small bridge and onwards to Gondishung at 4 350m with huts and stone walled enclosures. You continue for another hour passing beyond Lungsamba as the valley narrows between the flanks of Kusum Kangguru (6 369m) to the west and the truncated far western peak of Mera (6 255m). We end today at Tagnag, a settlement of yak herders. Nowadays there are several tea houses here to cater to the needs of the local staff and porters who accompany Mera expeditions and beyond. We camp here two nights to acclimatize. Overnight stay at camp.

Day 9: Tagnag (rest day for acclimatization)

Overnight stay at camp.

Day 10: Trek to Khare (5 000m) (+/- 5hr)

The destination today is a short walk of 4-5h. We take it slowly to acclimatize and enjoy the surrounding scenery. Overnight stay at camp.

Day 11: Khare(rest day for acclimatization)

Another rest day for acclimatization and exploration. Overnight stay at camp.

Day 12: Trek to Mera High camp

Today we walk straight ahead for the high camp before our final assault on Mera peak. It is a normal straight forward climb. Overnight stay at camp.

Day 13: Summit Mera Peak and trek to Chamlang

We make our way up to the summit early in the morning and enjoy the vistas around us for some time. Then we head back down. Overnight stay at camp.

Day 14: Trek to Panch Pokhari (5 480m) (+/- 5hr)

Our journey leads to our next adventure over the Amphu Laptsa before we head towards the main busy trail of Lukla, Namche Bazaar and Thyangboche. Overnight stay at camp.

Day 15: Trek to the base of Amphulapta pass

We trek to the base of the pass and get ready for assault on the pass. There is an opportunity to climb smaller hills behind the camp for the excellent views of the Hinku Glacier and the Mingbo-la. Here our guides will go up to the Amphu Labtsa and will fix ropes on some difficult section for the safe descent towards Imjatse Valley. Overnight stay at camp.

Day 16: Traverse Amphulaptsa pass (5 780m)

Another big day, an early start from the camp for 2-3 h trek leads us to the top of the pass. From the pass overlooking stunning views of the impressive south face of the Lhotse, Lhotse shar, the summit of Island or the Imjatse Peaks which looks as if it could almost be even lower than our vantage point. Technical part after the pass with the help of ropes and ice axe to safer grounds below. An hour or more walk will take us to the ablation valley by the side of the Imja Glacier. Overnight stay at camp.

Day 17: Trek to Chukung (4 730m) (+/-8hr)

More or less easy trek in the Imja Tse valley and a hard adventurous trek we reach Chukung a temporary settlement with 5 to 6 tea houses and lodges. Overnight at camp.

Day 18: Chukung (4 730m)

Today we take a well earned rest at Chukung. We explore the surroundings which offer amazing vistas. Overnight stay at camp.

Day 19: Trek to Tengboche

Our route from here leads to a pleasant walk to the village of Dingboche and Pangboche before reaching Tengboche. After two hours of easy walk brings us at Dingboche. From Dingboche a gentle walk leads towards the Imjatse river with excellent views of Ama Dablam, Kangtenga and Tawoche peaks. The trail leads to a small wooden bridge, from the bridge an easy walk to Pangboche. From here the route diverts into two ways the upper one going to the upper Pangboche village, where the old Monastery is located. It will be better to go the upper trail, for more view and to visit the upper Pangboche village 3 900m and its Monastery, which had a Yeti scalp, and a skeleton believed to be Yeti hand. Overnight stay at camp.

Day 20: Trek to Namche Bazaar (3 440m) (+/- 5hr)

After a visit to the monastery our trek begins with a descend for an hour to Phungi Tenka, here we cross the long suspension bridge over the Imjatse River. From the bridge an hour and half climb brings us to a small place of Shana-sa offering grand view of Ama Dablam and Tharmserkhu. Splitting the trail from here to Namche and Khumjung the later village will take about an hour uphill walk and then about 2-3hr to reach Namche for the Overnight stay halt. Overnight stay at camp.

Day 21: Trek to Lukla (2 800m) (+/- 6hr)

Being on the main trail to Everest, the walk from Namche onwards will be an easier all the way to Lukla, the path leads downhill all the way to the confluence of Bhote-Koshi and Imjatse. Final leg of this great trek will be another good walk to Lukla, you can walk at your own leisurely pace, enjoying the lush green scenery around. Overnight stay at camp.

Day 22: Flight from Lukla to Kathmandu

Short panoramic view from Lukla to Kathmandu. You can take a well earned rest after a long grueling two weeks in the mountains. You can soak in the sun enjoying the comfort of your hotel. Overnight stay at hotel.

Day 23: Free day in Kathmandu

You are free the whole day today. Overnight stay at hotel.

Day 24: Flight back home

Transfer to the airport for international departure.

Day 25: Arrival**TECHNICAL LEVEL 6****DIFFICULT**

Expedition for people who are in excellent physical condition, and have excellent techniques with a recognized team spirit. An expedition to reach a sporty objective and if possible also use the trip to discover another country in authentic conditions. This program intended to only a limited number of people who master the high mountain and which wish to live their passion : Glacier, high altitude (above 5000m), intense cold, strong winds, important altitude difference, exposed places, tents, progression in small group in remote areas, which require an excellent mental. Health check and acclimatization seminars strongly recommended which can be requested by TREK ONLINE.

Date and Price

For prices and dates, please go online at www.trekonline.com or contact our customer service department for price list

☎ by phone : +33 (0)1 43 25 27 74 ☎ by fax : +33 (0)1 46 33 24 77

✉ or by mail : contact@trekonline.com

SERVICES INCLUDED

Accommodation*	On double room basis, breakfast and tax included. Hotel 4* in the capital, standard category on tours. Tents, lodges, tea houses during treks and expeditions. Single room with supplement.
Air transport	Price includes international flight and domestic flights.
Camping equipment	All camping equipment such as; tents, mess tents, shower tents, wc tents, cutlery, cooking utensils and fuel are included.

Guides Island peak and Mera Peak	English speaking high mountain guide on the basis of one guide for 4 participants. A guide and an assistant guide for 4 participants. All our mountain guides are certified UIAGM high mountain guides with ENSA training. The guides' climbing permit and clothing allowance are included.
Meals Nepal	Full board basis during the trek; including coffee, tea, filtered water. Breakfast only in Katmandu. During the trek, our cook will prepare all your meals following an adapted regime with fresh local products. If you follow a vegetarian regime please mention it when booking. This modification is free of charge.
Permit for the Sagarmatha National Park	Assistance and price included. You will need two ID photos and a copy of your passport. (kindly forward copy of your passport when booking)
Porters & other personnel	Salaries and insurance are included on the basis of 20kg per person. It is common to tip the service team \$US50 per participant.
Satellite phone & GPS	Satellite phone available (extra charge for calls).
Transfers	Our staff will pick you up at the airport and drive you to your hotel. After the program, we will ensure your transfer back to the airport.

SERVICES NOT INCLUDED

Beverages & other personal expenses	Alcoholic drinks, soft drinks and all other personal expenses are not included.
Cancellation fees Island peak & Mera peak	The budget of this expedition is calculated on the basis of shared resources. If you decide to turn back during the expedition for any unforeseen reason you will be charged an extra fee of 200€. The additional hotel room nights and domestic flights are not included.
Insurance	Insurance coverage is not included. Make sure you are properly covered when booking your program.

Mini group Nepal	Guaranteed departure starting from two participants. Extra charge of 150€/per person for groups under 4 participants.
Porters	Extra porters can be hired to assist you. Price is related to the weight to carry. Kindly contact us for more information.
Sleeping bag & personal equipment	Nor the technical equipment, nor the sleeping bag or high mountain gear are included. You may rent some of the equipment locally.
Tax Nepal	Departure tax to be paid at the airport upon departure from Nepal. Around 2150 Roupies (25€).
Tips	Are highly appreciated by the team that assisted you.
Visa	Visa fee not included

CHECKLIST PHARMACY

- Antibiotics
- Antiseptic - Mercurochrome, dry spray, antibiotic powder
- Aspirin or Panadol - for pain or fever
- Bandages and plasters - for minor injuries and wounds as well as special plasters for blisters.
- Eyedrops and antibiotic cream for eyes
- Hydroclonazone, Micropur - water purifier
- Imodium or Lomotil - for diarrhea, stomach aches, dehydration
- Moisturizing lotion
- Mosquito repellent
- Rehydration mixture - for treatment of severe diarrhea and dehydration
- Your usual medicine

CHECKLIST GEARS

Clothes

- Bottle neck jumper
- Down jacket with hood
- Fleece jacket (Polartec 300, full zip)
- Gore-Tex jacket (with hood)
- Gore-Tex trousers
- Rain gear
- Thermal underwear (top & bottom)
- Trekking wear

Head

- Sun hat
- Sunglasses (glacier sunglasses 100% UV)
- Wool or fleece hat

Hands

- Hand warmers
- Mitts with Gore-Tex shells

Foot

- Gaiters
- High mountain boots
- Socks (heavy woolen & thin nylon ou polypropyleen)
- Trekking boots

At camp

- Headlamp (spare bulbs & batteries)
- Mattress (insulated for high mountain use)
- Rucksack 65-70L
- Sleeping bag (-20°C comfort zone)
- Swiss knife & cutlery
- Thermos

Travelling

- Bin liner (to protect personnel effects)
- Camera & binoculars

Torch

Hiking

Sunscreen and lipbalm

Trekking poles

Water bottles 2 x 1L (Nalgene ou thermos)

Climbing

Crampons + ABS plates

Harness

Ice axe w/leash



Geographic Information

NEPAL

Capital: Katmandu

Highest peak : Mt Everest (8 848m)

Location : In Asia between India and China

Population : approx. 26.5 millions inhabitants

Administrative Requirements

Your passport must have a validity of at least 6 months. The visa is free of charge for stays less than 3 days. A tourism visas has a validity of sixty days and can be delivered upon arrival in exchange of a 30USD visa fee. In this case you will need to bring with you two ID photos. If you are not an EU national, we advise you to contact your local Nepalese diplomatic representation for more details.

Travelling hints

In order to avoid any food poisoning, you are advised to drink bottled mineral water, cooked food, avoid fresh fruits and salads.

Recommended vaccinations: DTP (diphtheria, tetanus, polio), meningitis A/C, typhoid, hepatitis A/B, tuberculosis. In any case, for your safety, we advise you to refer back to your doctor and local sanitary authorities.

wwwn.cdc.gov/travel/destinationList.aspx

Useful Information

Gastronomy:

In the Nepalese cuisine, you will mainly find rice and lentil based dishes. The national dish is the "Dal Bat", rice complemented with lentil based sauce, vegetables, spices and sometimes meat balls. The national drink is the Chiva, tea with milk.

Crafts :

Nepalese crafts are famous for its wollen garments, silver jewellery, carpets, pots and the "thangkas" (religious paintings on fabric with Tibetan inspiration).

Language :

Nepali is the official language. It is spoken by half the population, various other Tibetan dialects are spoken like the Newari.

Currency :

The national currency is the Nepalese Roupay, the exchange rate is 1€ for 109 Roupies (July 2008). We advise you to bring US dollars in small notes; euros are accepted, but the dollar is

Credit card :

You will find ATM machines in Katmandu and Pokhara for Visa and Master Card holders. Payment by credit cards is limited to certain hotels and a few restaurants.

Climate:

Nepal possesses three types of climates: a subtropical climate in the southern Teraï region, a temperate climate in the central region (Katmandu valley) and a cold and dry climate in the mountainous region.

The best season to appreciate Nepal's landscape is in winter, between october and march. The monsoon season lies from june to september, but with slight effect on the mountainous region, therefore enabling visitors to the Everest and Annapurna regions.

Altitude sickness :

During your visit to Nepal you will be faced with the high altitude factor. Difficulty to breathe, to sleep, headaches, loss of appetite, and sometimes nausea are apparent symptoms of altitude sickness. We suggest to acclimatize progressively. Refrain from physical effort and rest first day in altitude.

Time difference :

Time difference + 4 h 45 (in summer) and – 5 h 45 (winter) between Nepal and the UK.

Electricity:

Wall sockets are of american type with 220 volts. You will need a pocket lamp in town because of electricity cuts.

Clothes :

Nepal has a variety of climates which change according to altitude; so kindly refer back to our detailed list in each program

Telephone :

Country code for Nepal : 00 + 977 + city code without 0 + n° of correspondant.

From Nepal dial : 00 + 44 for the UK

City calls: dial number without city code

Regional calls: dial city code first

Working hours :

Banks : from monday to thursday from 10h to 16h (winter) until et 17h (summer). On friday from 10h to 15h.

Most banks are closed on saturdays.

Post office : closed on saturdays. Mail is very slow. From a week to a month to reach europe.

Insurance :

Make sure your insurance covers assistance, search and repatriation if you are participating in a trekking program or an expedition.

Key addresses

Embassy of Nepal
12A Kensington Palace Gardens
London W8 4QU
Telephone: (0) 207 229 6231
(0) 207 229 1594
Fax: (0) 207 792 9861
consular@nepembassy.org.uk

British Embassy
P O Box 106
Lainchaur
Kathmandu
Telephone: (977) (1) 4410583
Fax: (977) (1) 441178

Center for disease control and prevention :
www.cdc.gov/travel/destinationList.aspx